

BOOT CAMP PRO WORKOUTS



FOCUS: All Rounder with Leg Focus Cardio ★★★★★ Strength ★★★★★

EQUIP: Cones, Dumbbells, Timer & Large Area

WARM UP: Go for a 5 minute light jog as today is a big cardio day.

EXERCISE ONE: Interval Ladders - 25min

Do 2 of each exercise, then 4, then 6, then 8, then 10 – all the way back through down to 2 (Only do 10 reps once). This will equal 50 reps of everything.

Total of 3 rounds. When a camper finishes have them go for a jog until everyone else finishes. Rest for 1 minute between sets.

a) Push ups (no weight) – **Jump Squats** (dumbbell on shoulders) – **Reverse Lunge Flys**. Rest

b) Step ups Left – **Shoulder Press** – Step ups right. Rest

c) **Y Pull In's** (one foot off ground to front to engage abs) – alternating **Side Lunges** (Dumbbells to ground) – Double Triceps Kickback in semi squat position. Rest

Then combine above exercises to make compound exercises using as many body parts as possible at the same time.

1. **Squat jump** forward with **Burpees** (if possible uphill or to a cone about 15 meters away). Then side Hover crawl for 5 counts and do a push up back to starting point.

2. Lunge walks up to cone and **Squat Jump** back with weights **Hammer Curl Squat**. Walking Side Raise Pile and raise to cone, drop weights, and do **Triceps Crab Walk** back.

EXERCISE TWO: Partner work 20min – Weight Runs/Lunges

Place campers in pairs – one Camper does Lunge series, while the other Camper runs with Dumbbells doing the below exercise.

1. Using 3 lines of Cones one at the central point the Campers run to middle cone doing alternating Dumbbell **Shoulder Press** as they go, put down dumbbells at half way line, sprint to the finish line Turn and jog back to dumbbells pick them up and hold overhead for the sprint back. Repeat through then Change over

1. Lunge series with Dumbbells

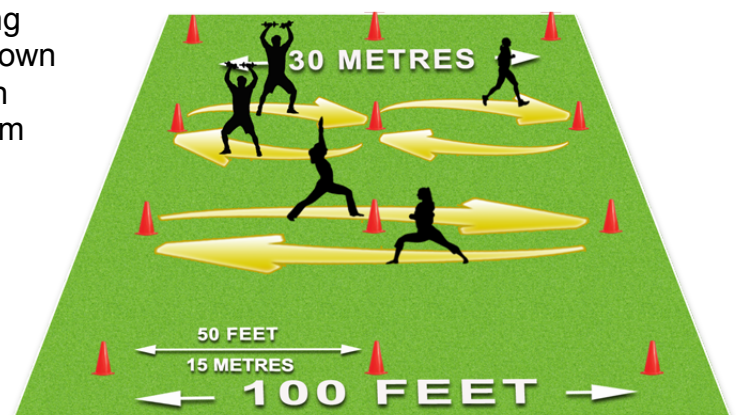
Forward Lunge 10 reps

Side Lunges 10

Reverse Lunge 10 (5 each leg)

Courtsey Lunge 10 (5 each leg)

And combo **Forward and Back Lunge** stay on one leg, 10 each leg





2nd time through change the line drill to the below exercise and Lunge series becomes the clock drill

Campers turn side on and **Side Shuffle** with Dumbbells by sides or on shoulders, at centre line do deep **Sumo Squat** dumbbells behind head and alternating touching the ground with dumb bells for 20 put down Dumbbells, sprint to end and back – pick up Dumbbells and do traveling lunges back to start.

Clock Lunge

Lunge from 1 o'clock to 12 o'clock on each leg ensuring they stay deep and controlled.

EXERCISE THREE: Abdominal intervals 10min

Campers in a line with a distance of approx. 20mtrs marked out with cones.

20 x **Dumbbell Russian Twists** – run approx. 20mtrs

15 x **Dumbbell Russian Twists** – run

10 x **Dumbbell Russian Twists** – run

5 x **Dumbbell Russian Twists** – run

RECOVER AND STRETCH